

In the Abstract:

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**ABSTRACT**

--The invention concerns a method for targeting hunting or sports weapons, where a shooting person fires a number of shots. The invention also concerns an auxiliary device for performing the method. There is provided an adjusting bench for use by adjusting sights when targeting rifles, including a support holder in which the rifle is fastened with a support holder of rotary seated mainly about a horizontal and a vertical axis, whereby it becomes possible to fix the rifle directed towards the sighting point on a target provided at the distance at which the rifle is targeted. After determining and possibly marking a mean impact point on the target, it will thus be possible, while holding the rifle in the adjusting bench, to perform an accurate adjustment of the sights and simultaneously to follow the movement of the sight while operating the sight adjusting means.--